

## Visitors to the Rock!

We were given the short-notice news from Louise P. from L'Arche Cape Breton that a group of that L'Arche community would be in our province in a couple of days for some vacation time. We love to spend time with members from other L'Arche communities. Unfortunately with the short notice, not many of us were available to meet the group. They



had a rental house for the time in Holyrood, but made sure to spend time in the city twice: one day for a meet-and-greet with some of us during a walk on Government House grounds, another day for a meal at our house. The day we had the meal scheduled I remembered Joanne Th. recently telling me about her daughter having just finished working in L'Arche Cape Breton, and knowing that also her son worked in that community some years ago I spontaneously emailed her to invite her and her family to join us. Both son and daughter were out of town but she was every happy to join us!

*Petra*



**NO EXCUSES, NO LIMITS. LUCA "LAZYLEGZ" PATUELLI**  
WEDNESDAY, OCTOBER 3, 7PM,  
FORAN GREEN ROOM CITY HALL

L'Arche Avalon has partnered with other community groups to bring internationally acclaimed breakdancer Luca "LazyLegz" Patuelli to Newfoundland.

This community presentation is inspired by the philosophy of the "No Excuses, No Limits" program and Luca's personal mantra that has steered his dance career and international success!

Tickets and more information are available here  
<https://www.neighbourhooddanceworks.com/luca/>



Dear fellow board members and friends,

I hope this message finds you healthy, enjoying the end of summer, and happy! I have been thinking of our group often here in Bethlehem. I wear my T-shirt proudly to volunteer at l'Arche Ma'an lil Hayat and around town. Several people have asked about the project, about who we are, and about what we do. Of course, I have taken every possible opportunity to talk about us! It is only in coming here that I discovered Ma'an lil Hayat's project status. It made me think that volunteers might be recruited/found in a near future for l'Arche Avalon gatherings and activities.

I have taken quite some time to contemplate my next steps, and have chosen to resign from my job in St. John's. I have also decided to extend my volunteer experience here in Bethlehem another three months. My Arabic is progressing and I feel that there is so much for me to learn from the Palestinians with whom I share my life. For most people, life under military occupation is hard and very unpredictable. I am touched by the stories of core members and assistants at l'Arche who share some of their challenging experiences and situations with me. Among other things, sexual, physical and verbal abuse, severe social



isolation, loss and grief, poverty, challenging monogamous and polygamous family situations, unmet needs for assistance in daily activities such as bathing, and lack of access to basic services including healthcare are a part of daily life. L'Arche is a good place for people here. Trusting relationships between people with and without intellectual disabilities are possible, and joyful days are spent working felt (wool) together. I am



amazed by the resilience, generosity and creativity of people. Forward thinking can be challenging for some, but dealing with crises is a piece of cake. I am learning so much!

Although I am prolonging my stay in Bethlehem, I have decided to move closer to home upon my return to Canada. As you may have guessed, I am thus writing to resign from my position as a board member with L'Arche Avalon. It has been hard for me to come to this decision because



I love our group, our people and our goals so much. The past three years of involvement with Cornerstone Housing (first) and L'Arche Avalon have allowed me to feel a strong sense of belonging in Newfoundland and Labrador, and particularly St. John's. You are my Newfoundland family! I truly don't know how I could have managed without you. I

am so proud of the relationships that we have built, and the work that we have accomplished together over the years. I want L'Arche Avalon to succeed. People with and without intellectual disabilities alike need the place of belonging they have thanks to our walks, jam-circles, spiritual expressions gatherings, meals, and activities. L'Arche Avalon was a safe and joyful place for me. I cannot thank you all (and community members also!) enough for this gift.

I won't go on, for fear of sounding redundant. Please know that I trust in your vision for L'Arche in Newfoundland and look forward to visiting as soon as the opportunity arises. Please continue sending me the regular updates and newsletters. I love reading about you all!

Thank you for your support and understanding. We are united in L'Arche and in love despite the distance!

Much love from the Holy Land,

Sarah



## A Sample of Books Available in the Little Library

- A Spirituality of Caregiving, Henri Nouwen
- An Ark for the Poor: The Story of L'Arche, Jean Vanier
- Becoming Human, Jean Vanier, CBC Massey Lectures series
- Breaking Bread, Nourishing Connections: People With and Without Disabilities Together at Mealtimes, Karin Schwier and Erin Stewart
- Convention on the Rights of Persons with Disabilities
- Drawn into the Mystery of Jesus through the Gospel of John, Jean Vanier
- Enough Room for Joy: The Early Days of L'Arche, Bill Clarke
- Eruption to Hope, Jean Vanier
- Genius Born of Anguish: The Life and Legacy of Henri Nouwen, M.W. Higgins & K.Burns
- Heartsongs, Mattie Stepanek
- One bread One Body: The Ecumenical Experience of L'Arche, Therese Vanier
- Seeing Beyond Depression, Jean Vanier
- The Heart of L'Arche: A Spirituality for Every Day, Jean Vanier
- The Miracle the Message the Story: Jean Vanier and L'Arche, Kathryn Spink
- With Open Hands, Henri Nouwen



Christopher

Cindy B.

Norm K.

Sister Eileen

Peter B.



Daphne C.

Happy Anniversary John and Jane P !!!!!!!!